RYAN REYNOLDS IN HIT-AND-RUN

THIS TIME THE PAPARAZZI HAS GONE TOO FAR! PAGE 14

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Recycle for life

Sustainability. The Philadelphia Zoo has installed animal sculptures made of recycled materials around the grounds to teach visitors about the uses that junk can have. PAGE 02

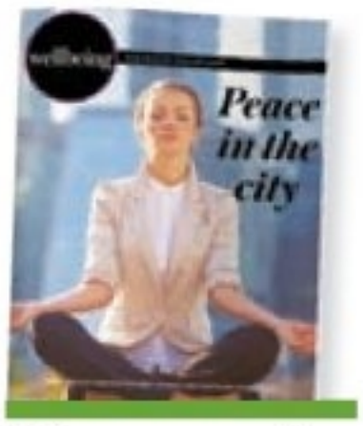
A child walks past a giant rabbit scultpure made of recycled plastic by the Milan-based Cracking Art Group. / CHARLES MOSTOLLER

Mom who left son in woods faces arrest

PAGE 04

Meditate your way to a life of purpose

PAGES 21-24



Macnow: Is it time for Phils to cut Howard?

PAGE 27

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1 NEWS

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Zoo animals made from human junk

Blue Gorilla (left) by Don Kennell, made of car doors, sits at the Philadelphia Zoo. A young visitor (right) looks at Robot Animals, by Ann Smith Larson. Below, left, Savini's chewing-gum alligator and right, James Corbett's polar bear made of spark plugs. / CHARLES MOSTOLLER

Junk Rethunk.

The Philly Zoo is displaying some trashy art — in a good way.

Artist Laurence Vallieres used to be anti-zoo. Looking at sluggish and depressed animals behind bars, zoos just seemed like prisons for animals.

But her perspective on the natural world experienced a sea change while working at the Philadelphia Zoo's Primate Reserve last week. While there, Vallieres constructed a massive sculpture of a seated gorilla using old cardboard she collected around the city. Watching the day-to-day lives of gorillas drew her into their world, she said.

"I had to find something around me that was available, and there was a lot of it, and it was cheap. So I thought of trash," Vallieres said of why she used old cardboard to construct her 9-foot-tall gorilla sculpture.

Recycling

The project is intended to draw the public's attention toward issues of recycling and sustainability, said zoo leaders.

- "Junk Rethunk is a great way of having people rethink our natural resources," said Pennsylvation Department of Conservation and Natural Resources secretary Cindy Adams Dunn.
- The new sculptures will be on display around the Philadelphia Zoo until October 31.
- Pick up Friday's special Earth Day edition of Metro for more on sustainability and green living.

Vallieres is one of the artists selected to help create "Second Nature: Junk Rethunk," a new installation throughout the Philadelphia Zoo of artworks representing animals but created entirely with recycled materials, from paper and cardboard to spark plugs, metal from old cars and soda cans.

A large, colorful sculpture of butterflies, created by the California-based FLUX foundation out of plastic bags, bottles, saw blades and clothing, greets visitors at the zoo's entrance. A crocodile made of chewing gum by Italian artist Maurizio Savini is in the Zoo's Aviation Center. All the pieces are scattered throughout the zoo and various exhibits.

"Many of these pieces are larger-than-life-size interpretations of species future generations of zoo visitors may never see if we don't take steps to preserve habitat," said Philadelphia Zoo President and CEO Vikram Dewan at the unveiling of the new project on April 8.

Visitors to the zoo are already enthralled by the new artworks.

"It interests people and it shows them that recycling can be something interesting," said Shalyn Boyer, 21, a West Chester University student visiting the zoo.

For Vallieres, creating animals out of garbage was not an act of criticism, but simply in itself a natural occurrence.

"It's not exactly positive or negative," she said. "It's just human."

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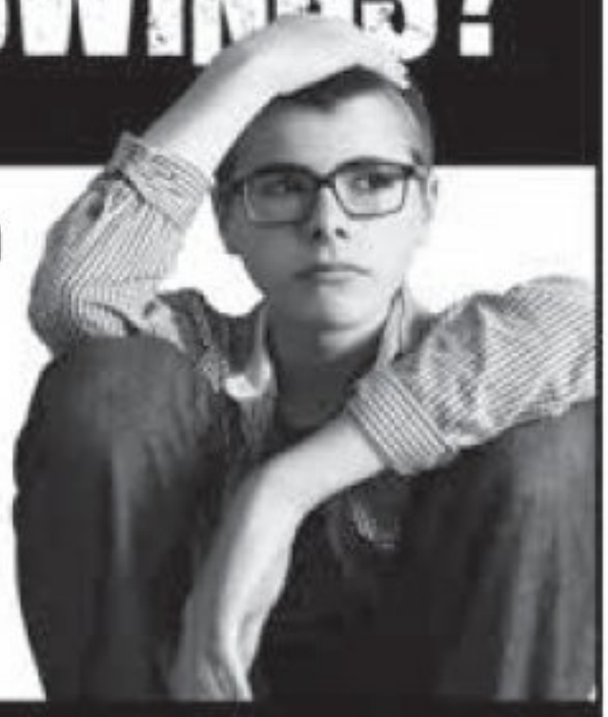

A bipolar disorder research study for children and teens ages 10-17 is enrolling now.

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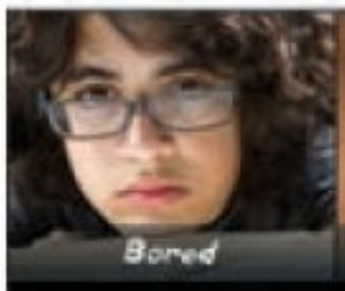
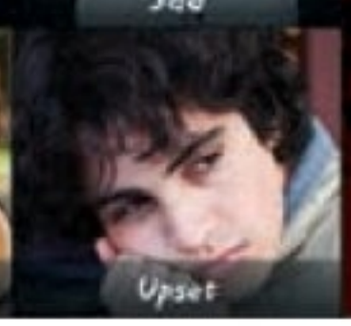


I can't stop feeling...



The STEADi (Study To Evaluate an Adolescent Depression Investigational drug) clinical research study is being done to find out if an investigational drug is safe and if and how well it works for adolescents who have major depressive disorder (MDD). The study will last for about 10 weeks and there will be about 9 study visits. Study participation is voluntary.

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STEADi

Mom who left son in woods faces arrest

Arrest. The woman who left her son in the woods was caught in Maryland, then hospitalized.

Nyia Parler, 41, the woman who allegedly abandoned her quadriplegic son in a forested area off Cobbs Creek Parkway while she went out of state to see her boyfriend, was hospitalized after police placed her in custody, reports say.

The reason for Parler's hospitalization has not been made public.

Authorities in Montgomery County, Maryland, took Parler into custody on Sunday, the Washington Post reported. She was found in Silver Spring, Maryland.

She left her 21-year-old son, who has cerebral palsy and is quadriplegic, in a forested area off Cobbs Creek Parkway in West Philadelphia on Monday, April 6, before taking off — where he was found five days later by a passerby who contacted police.

The 21-year-old man was reportedly found lying under a blanket with a Bible and his wheelchair several feet away from him.

Philadelphia Police have a warrant for Parler's arrest on charges of aggravated assault and reckless endangerment when she is returned to Philly.

Her son was hospitalized at Children's Hospital of Philadelphia for malnutrition, exposure, dehydration and a cut to his back.

Authorities were alerted that Parler's son was missing after his school called authorities when he didn't show up on Tuesday.

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Nyia Parler and her boyfriend John Ferguson / PROVIDED

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Firefighters stop blaze

Bystanders watched as firefighters put out a single alarm fire on the 2300 block of Van Pelt Street in Strawberry Mansion, Monday. According to officials, the fire began in an abandoned house and spread to two adjacent homes. / CHARLES MOSTOLLER, METRO

Gay. Court upholds New Jersey ban on conversion therapy

A federal appeals court on Monday rejected a fresh challenge to New Jersey's ban on so-called gay conversion therapy for minors, saying the prohibition does not violate the rights of either children or their parents.

By a 3-0 vote, the 3rd U.S. Circuit Court of Appeals said the ban did not infringe the First Amendment rights of minors and their parents to receive information and exercise religion, or the rights of parents to decide how to raise their children.

The challenge came from a 15-year-old boy known as John Doe, who claimed to suffer from anxiety, panic attacks, self-hatred and suicidal thoughts as he struggled with his sexual identity, and his parents, who said they had sincere religious beliefs that homosexuality was sinful and harmful.

The family plans to appeal to the U.S. Supreme Court, said their lawyer, Mathew Staver.

"It is a tragedy when people who are not in the counseling room try to dictate what the client wants to receive and what the counselor is allowed to offer," Staver, chairman of Liberty Counsel, said in a phone interview.

Signed by Republican Gov. Chris Christie in August 2013, New Jersey's law bans licensed counselors from trying to convert homosexual minors into heterosexuals.

The law was upheld last Sept. 11 by the same 3rd Circuit panel. REUTERS

Gay therapy

President Barack Obama has called for an end to gay conversion therapy for children, citing research that it was "neither medically nor ethically appropriate and can cause substantial harm."

- Some conservative and religious groups have said sexual orientation can be changed.

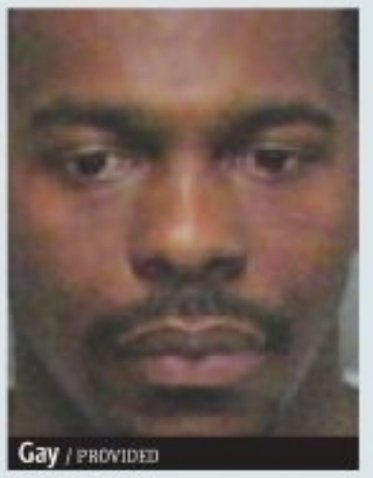
Feds

$20,000 reward in Jewelers' Row abduction

The reward for information leading to the arrest of suspects involved in the kidnapping and torture of a Jewelers' Row worker has been upped to $20,0000.

Agents from a federal violent crimes task force nabbed Khayree Gay, 31, on Friday as he was leaving a hotel in Florence, South Carolina. But the hunt is still on for two accomplices, and possibly more.

The victim was forced into a van, bound and tortured with a Taser by three men who demanded she turn over the code to the safe at National Watch and Diamond Exchange.



Gay / PROVIDED

She told the kidnappers she did not know the codes.

Gay was identified after a tipster told police where to find the van used in the abduction. Agents said they have recovered the van but would not say where they found it.

DAN KELLEY

Cherry blossoms are a-bloomin'

A woman and her young son check out a blossoming cherry tree outside the Japanese House in Fairmount Park on Monday. The blossoms come for just a week each year.

CHARLES MOSTOLLER, METRO

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White House 2016

Rubio starts his bid for president

U.S. Sen. Marco Rubio of Florida told top donors on Monday that he will run for the White House because he is "uniquely qualified" to represent the Republican Party in the 2016 presidential race, a source familiar with the matter said.

During a conference call with donors, Rubio criticized Democratic front-runner Hillary Clinton as a leader from yesterday and said the 2016 race will be a choice between the past and the future, the source said.

Rubio, a son of Cuban immigrants who rode the anti-establishment Tea Party wave of 2010 to national prominence, will formally announce his presidential bid later on Monday with a speech at Miami's Freedom Tower. REUTERS

Hillary just not progressive

Bill de Blasio / GETTY IMAGES

Politics. With a Hillary Clinton snub notched, New York City Mayor Bill de Blasio also heads for Iowa.

The mayor of New York City raised the collective eyebrows of both parties when he flat out refused Sunday to endorse Hillary Clinton's bid for the United States presidency.

And now, he's heading to Iowa to push his "progressive" vision for America the very same week that Clinton is in the crucial early primary state pushing hers.

It's a state she lost she lost to Barack Obama in the 2008 primary.

Democrat de Blasio's snub Sunday, the same day Clinton tossed her hat into the ring, was notable for several reasons:

Other state top Democrats, like Gov. Andrew Cuomo and Sen Charles Schumer, offered their unbridled enthusiasm for the former first lady.

De Blasio managed her 2000 campaign for the Senate.

Clinton and Chirlane McCray, the mayor's wife, just appeared side-by-side at an event promoting a major early childhood development initiative.

Quoted

"I think she is one of the most qualified people to ever run for this office. And by the way, thoroughly vetted, we can say that. But we need to see the substance."

de Blasio

Clinton and her husband Bill were special guests at the mayor's swearing in.

De Blasio responded

Speech

Some stumping of his own

De Blasio has a major speech planned in Nebraska on Wednesday and on Thursday, will be at a campus forum at Drake University's Harkin public policy school in Iowa.

Presiding over the forum is the man the school is named in honor of, Democrat and retired longtime U.S. Sen. Tom Harkin, who is a beloved and respected political legend in The Hawkeye State.

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enough for Bill

On Twitter

Hilary Rosen, a major party consultant and specialist, was flabbergasted and launched social media missiles:

- "@BilldeBlasio's self aggrandizing on #MeetthePress at @hillaryclintons exnse won't go un noticed. #Ridiculous," she posted on Twitter.

this way Sunday on NBC's Meet The Press to the endorsement question: "Like a lot of people in this country, I want to see a vision," Hizzoner said.

And he did heap some praise: "She's a tremendous public servant," he said. "I think she is one of the most qualified people to ever run for this office. And by the way, thoroughly vetted, we can say that. But we need to see the substance." **REUTERS**

Hillary Clinton / GETTY IMAGES

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Sanctions. Russia opens way to missile deliveries to Iran

Russia paved the way on Monday for missile system deliveries to Iran and started an oil-for-goods swap, signaling that Moscow may have a head-start in the race to benefit from an eventual lifting of sanctions on Tehran.

The moves come after world powers, including Russia, reached an interim deal with Iran this month on curbing its nuclear program.

The Kremlin said President Vladimir Putin signed a decree ending a self-imposed ban on delivering the S-300 anti-missile rocket system to Iran, removing a major irritant between the two after Moscow canceled a corresponding contract in 2010 under pressure from the West.

A senior government official said separately that Russia has started supplying grain, equipment and construction materials to Iran in exchange for crude oil under a barter deal.

Sources told Reuters more than a year ago that a deal worth up to $20 billion was being discussed and would involve Russia buying up to 500,000 barrels of Iranian oil a day.

Officials from the two countries have issued contradictory statements since then on whether a deal has been signed, but Deputy Foreign Minister Sergei Ryabkov said on Monday one was already being implemented.

REUTERS

Missile deal

U.S. raises concerns over Russia's missile plans

Secretary of State John Kerry raised concerns with his Russian counterpart over Russia's decision to lift a ban on missile deliveries to Iran, the White House said on Monday.

White House spokesman Josh Earnest did not provide details of Kerry's exchange with Russian Foreign Minister Sergei Lavrov. "It was an opportunity for Secretary Kerry to raise our concerns," Earnest said.

The moves come after world powers, including Russia, reached an interim deal with Iran this month on curbing its nuclear program. REUTERS

GETTY IMAGES

Iran calls for new Yemen government

Iranians burn and stomp on Israeli and American flags during a demonstration against the Saudi-led coalitions Operation Decisive Storm against the Huthi rebels in Yemen, outside the Saudi embassy in Tehran. Iran on Monday urged the formation of a new Yemeni government and offered to assist in a political transition, comments likely to anger Saudi Arabia, which is backing Yemen's president against a rebel force allied with Iran.

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Dr, Yan Katsnelson is a highly-skilled cardiovascular surgeon. He completed his training at the Brigham and Women's Hospital, Harvard Medical School, and served as an attending Cardiovascular and Thoracic Surgeon at the University of Chicago. He is fluent in English, Russian, and Hebrew.

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Five things you need to know

1 Jodi Arias gets life without parole

An Arizona judge sentenced former waitress Jodi Arias to life in prison with no possibility of parole on Monday for shooting and stabbing to death her ex-boyfriend in 2008.

Maricopa County Superior Court Judge Sherry Stephens said Arias' crime, which attracted national attention, was "especially cruel ... (and) involved substantial planning and preparation."

Arias, 34, had escaped a possible death sentence last month after a lone juror at her sentencing retrial refused to back the death penalty throughout five days of deliberations.

She was found guilty of murder in 2013 after a trial packed with lurid details and graphic testimony that drew a large audience. Prosecutors said she killed her former partner in a jealous rage while Arias argued she acted in self-defense.

Shackled and clad in jail stripes, Arias told the court she had long wanted to be put to death for the crime.

"But I had to fight for my life just like I did on June 4, 2008, because I realized how selfish it would be for me to escape accountability for this mess I created," Arias said. REUTERS

Travis Alexander, the victim. / FILE PHOTO

2 Ex-student sought in shooting death of N.C. college worker

A manhunt was under way for a 20-year-old former student accused of fatally shooting a longtime school employee at Wayne Community College in Goldsboro, North Carolina, on Monday, local authorities said.

The morning shooting prompted a lockdown and evacuation of the campus. Police said the suspect, identified as Kenneth Morgan Stancil III, carried a long gun to the third floor of a campus building and shot print shop director Ron Lane, who had worked at the college for 18 years. REUTERS

3 Author Guenter Grass dies at 87

German novelist Guenter Grass, the Nobel Prize-winning author of "The Tin Drum," died on Monday at the age of 87, his publishers said. Grass spurned the German tradition of keeping a cool intellectual distance, insisting that a writer's duty was to be at the frontline of moral and political debate. For many, he was the voice of a German generation that came of age in World War II. REUTERS

4 China to overtake U.S. as worst polluter

China is poised to overtake the United States as the main cause of man-made global warming since 1990, the benchmark year for U.N.-led action.

China's cumulative greenhouse gas emissions since 1990, when governments were becoming aware of climate change, will outstrip those of the United States in 2015 or 2016, according to separate estimates by experts in Norway and the U.S.

The shift, reflecting China's stellar economic growth, raises questions about historical blame for rising temperatures and more floods, desertification, heat waves and sea level rise. REUTERS

5 Plea deals could spare educators prison time

Ten former Atlanta public school educators, convicted earlier this month of racketeering in one of the nation's largest test-cheating scandals, should consider plea deals or face likely prison time, a judge said on Monday. During a sentencing hearing, he said he had been ready to send the defendants to prison, but hoped to resolve a case likely to see appeals. REUTERS

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Let's face it: These

'Landscape portraits'

Artist wows with new big portraits

Cuban-American artist Jorge Rodriguez-Gerada, famed for his 'landscape portraits' visible from outer space, continues to amaze with three new works in three cities. "Nyssa" & "David" graced San Antonio, Texas, and Buenos Aires, respectively, while "Grounded Gratitude" has been featured in Aubervilliers, France. MWN

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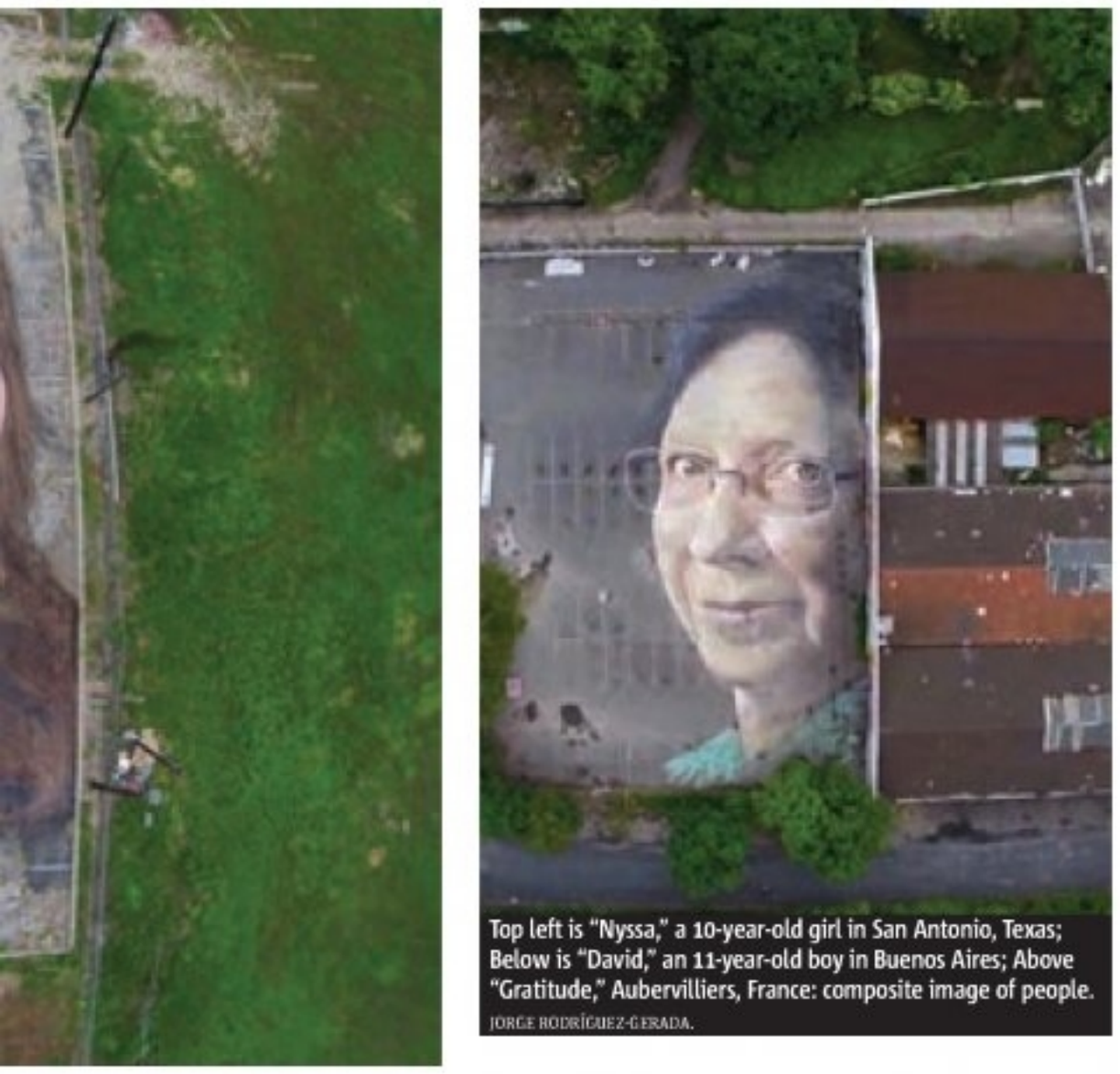

Top left is "Nyssa," a 10-year-old girl in San Antonio, Texas; Below is "David," an 11-year-old boy in Buenos Aires; Above "Gratitude," Aubervilliers, France: composite image of people.
JORGE RODRÍGUEZ-GERADA.

Q&A

"Each piece is unique"

Jorge Rodríguez-Gerada
Cuban-American artist

What was the inspiration behind your new works?
Each piece is as unique as the reason it was created. I get inspired to create pieces that have a message that I believe in or tell a story that I feel should be told.

Are these portraits based on real people?
Yes, they are. In a few projects I have created composite faces to symbolize unity and diversity within a community.

How many of your portraits can be seen from outer space?
If you take a satellite image of a whole city and still see one of my portraits when looking at the image of the whole city, they can be seen from space. The medium-sized pieces can be seen from space when they are added onto Google Earth and Maps. You can zoom in on my piece in Paris, which is 1,200 squared metres, to see what I mean. INTERVIEW BY DANIEL CASILLAS/MWN

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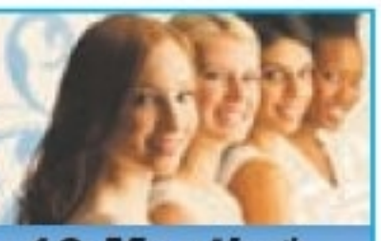

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CULTURE

Twitter feed

Today, Pink is owning her belly fat, Olivia Wilde is excited for our first hipster president and Karen Gillan isn't buying it.

@Pink: Willow said to me the other day whilst grabbing my belly-"mama-why r u so squishy?"And I said.."b/cuz I'm happy baby"

@oliviawilde: Camp Hillary is based in Brooklyn so all future announcements shall be written on tiny typewriters and delivered by unicyclists.

@karengillan: Just saw a creepy SeaWorld advert. Please stop holding whales in captivity.

1

Ryan Reynolds hit by paparazzi's car

This is no way to get an exclusive, guys! Ryan Reynolds was the victim of a hit-and-run in his native Canada when a paparazzo's car struck him in a parking garage and then totally fled the scene — most likely because the only way they know how to drive is in chase mode. "While walking, Ryan was struck by a paparazzi driving a car through an underground parking garage," the actor's rep says in a statement. "The man fled the scene. Ryan is OK." The incident happened in the residential parking structure of the Shangri-La hotel in Vancouver, Reynolds' hometown. CBC News reports suggest the actor was injured, but police did not release further details.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

ALL PHOTOS GETTY IMAGES

3

Amber Rose swears she's cool with Kendall Jenner

Amber Rose would like the world to know that reports of friction between her and Kendall Jenner at Coachella have been greatly exaggerated. A gossip item surfaced claiming the pair had been super-"awkward" around each other and "came close to clashing" at a VIP party sponsored by esteemed high-end luxury brands McDonald's and Chevrolet. But Rose insists it's all bogus. "It's so annoying. It just never happened. They pull stories out of their f—ing asses," she tells E! News. "Me and my friends had a great time and I'm sure she did, too." I'm sure.

2

Lindsay Lohan calling the cops on mom

Somehow I knew the bond between Lindsay Lohan and mom, Dina "people think we're sisters!" Lohan, wouldn't last forever, and this may be what finally does in the relationship. Lindsay is reportedly threatening to call the cops on her mom because Dina is selling off Lindsay's clothing, furniture and artwork online and to friends without Lindsay's permission. Dina's totally sound logic is that items Lindsay put in her garage for storage while filming her Oprah Winfrey-produced reality series are totally fair game to sell off now. Because possession is nine-tenths of the law and all.

But that's not all. Lindsay is also freaking out because Dina is trying to horn in on her love of England. Lindsay reportedly hit the roof when she heard that Dina was in talks to join the U.K.'s "Celebrity Big Brother" this summer. "Lindsay flipped and began screaming, saying [Dina] had no right to come to England" a source tells TMZ. Hey, Lindsay, look on the bright side: She'd be locked up the whole time anyway.

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Martin Sheen spies Mischa Barton's nip slip

Now that's a striking image. While on hand for a screening of her film "Bhopal: A Prayer for Rain" in Hollywood, Mischa Barton suffered a bit of a revealing wardrobe malfunction when the plunging neckline of her blouse plunged a little too far and revealed her nipple. Which would've been embarrassing but not really newsworthy, except for the fact that co-star Martin Sheen noticed — and noticed big-time. His expression is priceless, no?

SPLASH NEWS

Daily video

Letting your mom read your Grindr messages

RIYADH K, YOUTUBE

Well, this shouldn't be awkward at all. Irish YouTuber Riyadh Khalaf signed up for the gay hookup app Grindr, let unanswered messages from amorous strangers filter in for about a week — and then let his mom read them. It goes about as delightfully as you'd image. Some of the only print-friendly messages include, "Oh yeah, I've got a nice package for you if you want to unwrap it" and "Group fun." There are some things mothers don't necessarily need to know.

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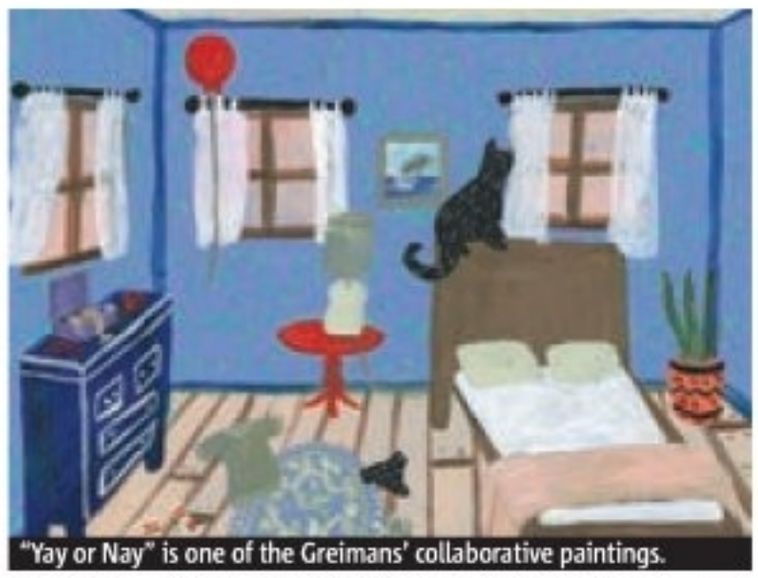
Playing off each other

Keith and Rita Greiman will be showing individual and collaborative pieces at Art Star, 623 N. Second St. The opening reception is Saturday. / ALL PHOTOS PROVIDED

Painting. Husband and wife artists merge their styles for a new show.



"Yay or Nay" is one of the Greimans' collaborative paintings.

Rita Greiman's artistic style is detailed; she tends toward realism. Her husband Keith's work is looser and more energetic, bringing to mind illustrations in children's books. So when they're collaborating on a piece, they're never quite sure how it will wind up.

"One of us will start, and we'll flow back and forth. There's a point where it's like 'OK, this is how they're going to connect,'" says Rita, a California native. "We let the little vignettes of painting tell the story, then we see where it's connecting and continue on that path. But it's not planned out."

The results are being shown at their first "solo" dual show, opening this weekend at Art Star.

Keith bartends on the side at Memphis Taproom in Kensington, near where they live with their 14-month-old daughter. He's more of a full-time artist than Rita, who has a day job in marketing and communications.

For her art, Rita usually creates dioramas with found objects and sculpture; one series is of toy army men, dipped in glitter, toting utensils instead of guns and eating cakes.

They started working together about two years ago, when Keith asked Rita for help with a detailed pattern for one of his paintings. "I put her to work," he laughs.

"I probably interjected with 'you should do this,'" Rita chimes in, "And he probably said, 'Why don't you just do it?'"

They each do individual pieces, but have also found a new rhythm in working together. "We're making a conscious decision to be a little bit more on top of each other," says Keith, who's originally from Bucks County. "I'll put in a space for a face and then Rita will draw the eyes. We're layering."

RACHEL VIGODA
@rachelatmetro
rachel.vigoda@metro.us

Compliments

Art of the insane

"I try so hard to achieve sort of that naive style, that art of the insane — the homeless guy drawing with charcoal is usually way better than anyone else," Keith says. "I work hard at that. Whereas Rita — don't take this the wrong way, it's about the best compliment I can pay — but Rita's stuff just has that. It's insane, it's that weird stuff. Mine is more contrived, trying to get there. Rita just arrives there."

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TV watch list

COMEDY

'Weird Loners'

The ladies are excited that Stosh keeps cooking them dinner, but are less happy when they figure out he's been doing so with food he stole from them. **9:30 P.M., FOX**

Sounds like they should probably just cook their own meals. / RAY MICHSAW, FOX

DRAMA

'Person of Interest'

Reese gets a little blast from the past when he starts working on a case Carter once struggled with — a homicide she was unable to solve. **10 P.M., CBS**

TALK SHOWS

'Watch What Happens Live'

'Real Housewife' and cocktail entrepreneur Bethenny Frankel is Andy's guest for the evening and we hope she spills some dirt. **11:30 P.M., BRAVO**

REALITY

'The Voice'

The competition is heating up over on "The Voice," which sends not just one, but two singers home tonight during a results show. **8 P.M., NBC**

LISA WEIDENFELD

Heavy periods *affecting your life?*

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#501 Yolanda Johnson • #558 C Ricardo Johnson Ch
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Actress and author Mariel Hemingway. / GETTY IMAGES

Finding

Healing. Actress Mariel Hemingway shares with us her struggles to escape a legacy of mental illness, addiction and suicide while still embracing her famous last name.

When your last name is as storied as Mariel Hemingway's, tied not only to enviable literary fame, but also a dark lineage of mental illness and substance abuse, it can be difficult to figure out who you are outside of that.

As part of her journey to self- discovery, Hemingway is releasing her memoir in two forms: "Out Came The Sun" for adults and "Invisible Girl" for teens, both out this month.

Playing peacemaker

In both books, Hemingway describes her childhood as chaotic. Both of her parents were alcoholics and got into loud fights, during which she played peacemaker and tried to pick up the pieces. "I thought all families threw bottles and would yell and scream like that. I didn't know," Hemingway tells us.

Searching for her own way

Hemingway says she loved her last name and the link to her grandfather, but worried about the mental illness and addiction attached to it. "I didn't want to end up like that," she says. "So my search throughout life has been, how can I be healthy naturally?" It's this process of searching for answers that she thinks

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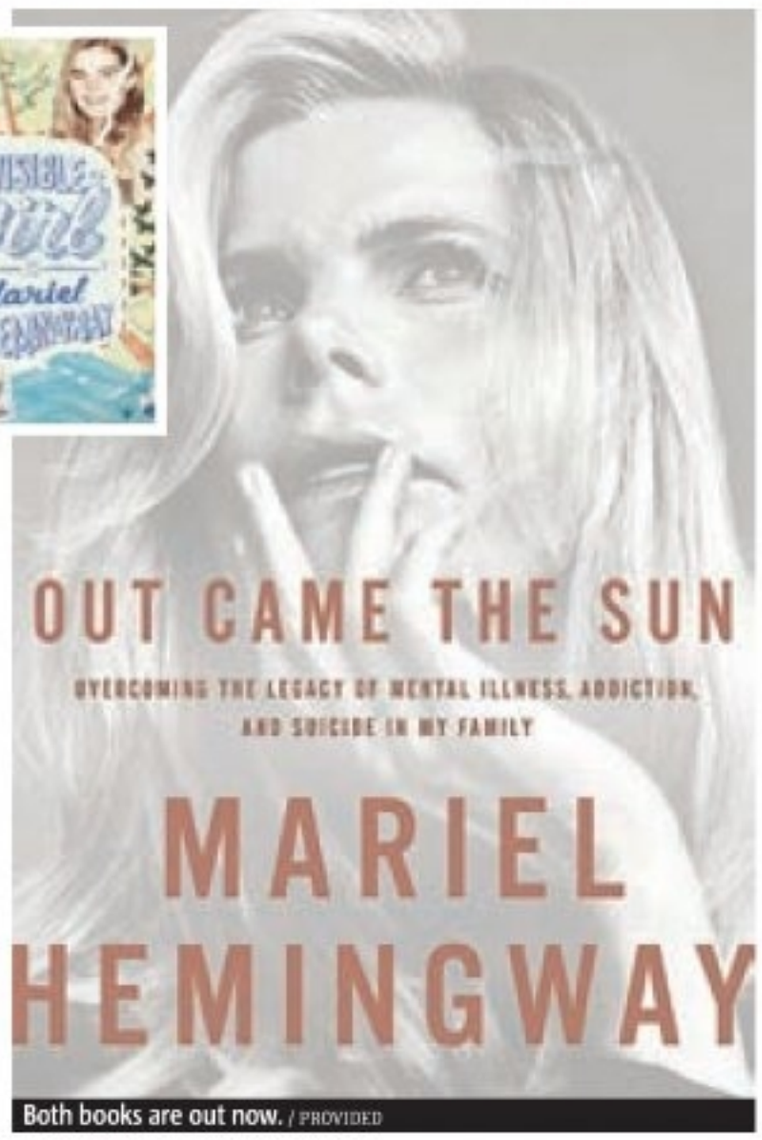
calm amid chaos

saved her from the issues her sister and parents faced. Her sister Margaux committed suicide in 1996 at age 42; her mother died of a drug overdose in 1988. Her father died in 2000.

She hopes is the books will start a conversation about mental illness and addiction, so people don't see it as a stigma and are more willing to talk about it. "People are terrified to talk about it because they are scared of losing their jobs. … I think we can prevent suicides from mental illness and depression if we can talk openly about it so that people can get the right help," Hemingway says. "I hope my story will give courage to someone else to tell their story."



Both books are out now. / PROVIDED

EMILY LAURENCE
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Learning moment

Rejecting Woody Allen

"Part of why I liked making movies so much is that I would make families out of the whole set," she says. "It was a way to avoid worrying about my own family."

In "Out Came The Sun," Hemingway describes how during the filming of "Manhattan," Woody Allen started pursing her — Hemingway was 18 at the time — and asked her to go to Paris with him. She declined his offer, knowing the strings that came attached to the trip. "That [moment] was really about me finding my voice," she says. "It was a revelation that I had to stick up for myself and make my own decisions."

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Eating out with kids — yes or no?

Mommyhood Musings

YESENIA ALMONTE

Twitter and Instagram: @yeseniaalmonte

Metro's new parenting blogger will be sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.

Last weekend, one of my friends coordinated a birthday brunch for her husband and all of our friends, including the kiddies. My friends believe that you need to get kids used to the idea of going to restaurants and training them to behave at the table — and the younger they are, the better it is to train them, in their opinion.

Agreed, parents should expose their kids to these types of settings early in their lives in an effort to help them with their socialization skills. If only, right?! Kids are kids and water will be spilled, silverware will be dropped and banged on the table, crying outbursts will happen and running and chasing will also be part of the menu.

Needless to say, it's not my idea of a good time, so our strategy in those situations is generally to leave the kids with a sitter while we go and enjoy a meal with our friends.

When my husband and I go out to restaurants, we like to sit peacefully and enjoy our meal and a glass (or two) of wine, and that's hard to do with a toddler and a baby in tow. Just not my thing. So for this occasion and a few others before, we opted to go out sans kids.

Flying pasta noodles isn't exactly my idea of a relaxing dinner out. / ISTOCK

For exclusive commentary, visit Metro.us/blogs.

While we do enjoy taking our kiddies out to restaurants, and they actually behave pretty well, we don't always see the need to inject them into such scenarios and feel they will enjoy themselves more at this age by doing more kid-friendly activities.

What would you do in this situation? Would you feel guilty about leaving your kids with a sitter while your friends bring their kids along? Tweet me your thoughts at @yeseniaalmonte.

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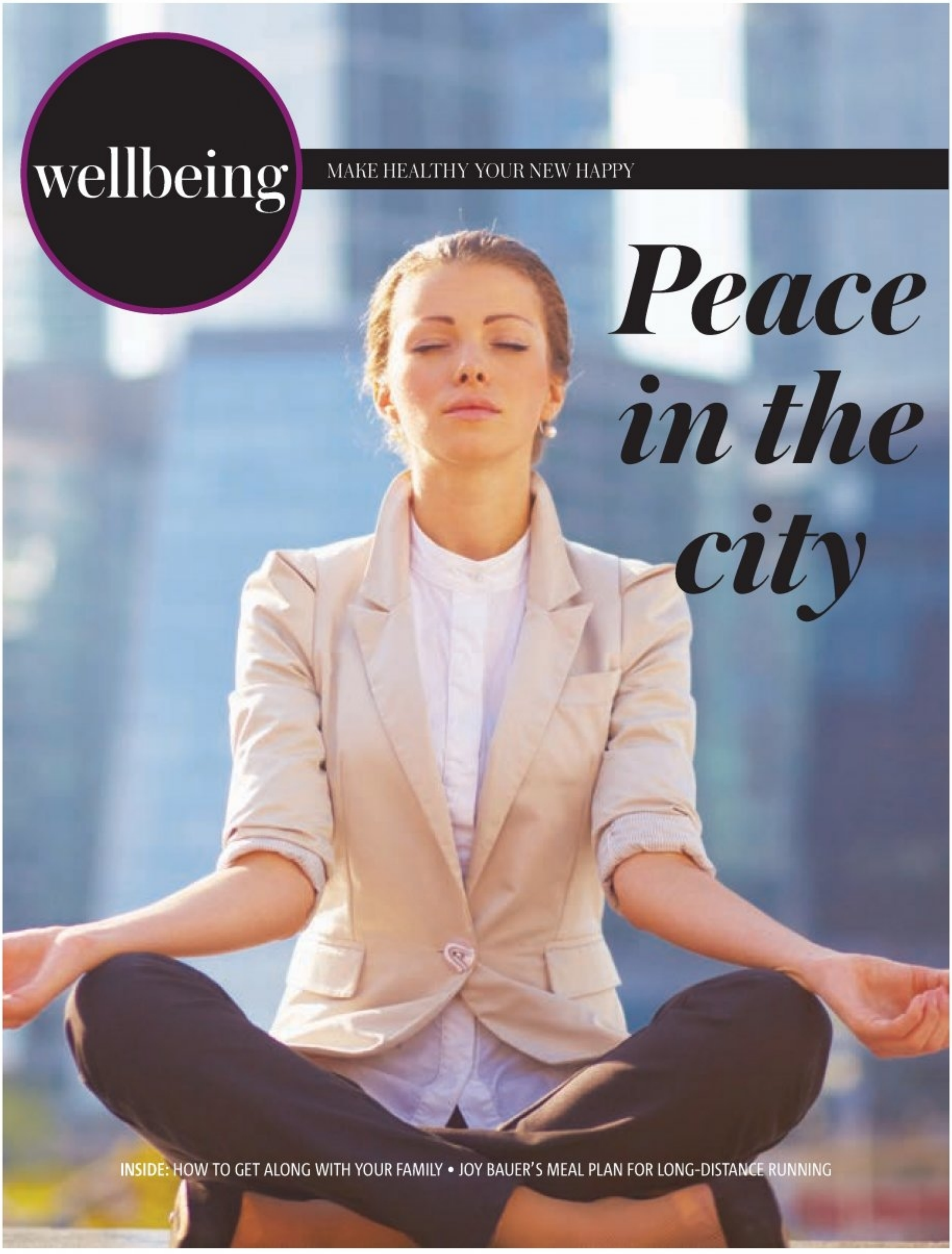
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Throwing out the meditation rule book

Mallika Chopra teaches us the rule-free way to peace of mind.

EVA KIS
@thisiskis
eva.kis@metro.us

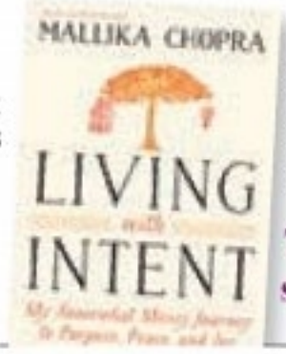
Mallika Chopra's last name is synonymous with well-being. Her father is spiritual guru Deepak Chopra, and she's been meditating from the age of 9. But in the decades since, the 43-year-old Chopra would find herself living a life that was out of touch with the principles that were important to her. Her new book, "Living with Intent," chronicles her yearlong "somewhat messy journey" back to living a healthy, happy and more purposeful life.

"I've grown up around this stuff, but then I've wandered and found myself frazzled and crazy and out of balance," she says. "And so I went back and looked at what were the techniques in my life that had helped me feel like every day I was doing something that aligned with my deepest desires."

One of the pillars of her book is meditation, and whether you've never tried it before or couldn't make it stick, Chopra shared with us some advice on how to make it part of your own imperfect path to a more fulfilling life.

Don't wait for your life to change to make room for it

"The reality of life is we're trying to balance a lot of things, and I lost myself," Chopra says of trying to balance her work with the wellness portal Intent.com, which just launched an app, and her family life with her husband, and two daughters, 10 and 13. A big part of her book is checking in with yourself — and not just when there's something to criticize. Let go of your guilt and start (again).



There's no set time

The popular recommendation of 20 minutes in the morning and afternoon is a great goal, but it's not realistic for most people, including Chopra. "Sometimes I do it for 5 minutes, sometimes I do it for 20 minutes, sometimes I don't do it for two weeks," she confesses. Don't set a timer; just take a minute when you can (or when you need it) and create a mental oasis.

There's no "right" way to do it

"People think it's a very serious thing, whereas for me, it's a joyful thing," Chopra says. "Meditation should be making your life more fun." Your mind doesn't have to be completely empty, you don't have to be in a quiet room — she sometimes gets a session in while waiting in the carpool line. For the ultimate beginner, she teaches a very basic meditation: close your eyes, take a few deep breaths, and anchor yourself by repeating a phrase like "I am," and when your attention drifts away refocus it by coming back to the words.

Meditation can be done anywhere — just close your eyes to the chaos around you and focus on your mantra. ISTOCK

Make it a family affair

The most common question Chopra gets is how to get kids involved. "If you meditate, your kids will be watching you and they'll want to mimic you," she says. The peace of mind can be especially helpful to them: "I had a lot of stability even through the tumultuous teen years because I had this tool."

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Reunited, and it can feel so good

Every spring, many of my young adult psychotherapy clients return from Passover or Easter celebrations with more or less the same question: "How to do I maintain my peace of mind and self respect and still remain connected to my family (who either don't understand/accept me or whose behavior I find challenging)?"

From a psychological perspective, it's one of the most important questions a person can ask, and one that some people spend their whole lives trying to answer, especially if they come from dysfunctional families. Staying true to ourselves while negotiating significant relationships with people who don't always share our ideas or values is the key to getting along with others, whether among our intimate circles or society. And coming to terms with our family relationships affects all our other relationships.

Because family bonds are so psychically powerful, successfully navigating them means being able to distinguish the ties that constrain from those that connect. Here are four tips to help you cope with the most important people in your life:

Step Out of My Story

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

1 Take a personal inventory: Think about who you are and how you feel when you feel loved, seen, and really shine. Focusing your mind this way will help prevent you from taking comments too personally or feeling that your family is a reflection of, or on, you.

2 Set boundaries: Distinguish between the little annoyances you can let slide and the larger issues that may require you to speak up for yourself. Know there's a difference between taking a stand and making a scene. Keep boundaries loose enough to allow for positive exchanges.

3 Explore your assumptions: Instead of being focused on how you are perceived by your family members, consider whether you are seeing who they really are. We may be tempted to demonize people, instead of taking an honest look at how our own prejudices, assumptions, expectations and vulnerabilities.

4 Try to keep a sense of humor: When all else fails, listen to Anne Lamott: "Families [are] hard, hard, hard, no matter how cherished and astonishing they may also be. ... Earth is Forgiveness School. You might as well start at the dinner table."

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Put this in your tank on race day

If you're training for an upcoming long-distance event (or just prefer your runs longer than an hour), you need the right equipment — and not just on your feet. Before you lace up your sneakers, check these training tips on how to fuel up for the best results.

Eat right for your run. ISTOCK

1 Snack smart before training runs by enjoying a carb-rich bite with some protein, like an apple and string cheese or a banana with nut butter.

2 Try different snacks to figure out what works best for you. You want to feel energized and satisfied (think granola bar or trail mix) — not bloated and lethargic (nix donuts and chips).

3 During long runs (over an hour), alternate between water and sports drinks, which contain electrolytes and carbs to help balance fluid levels.

4 Experiment with eating while running — whether it's gels, blocks, chews, sweet potato or raisins — to see what feels best.

5 Load up on anti-inflammatory foods to minimize soreness. Choose picks that are rich in omega-3 fats (salmon, walnuts); vitamin C (bell peppers, oranges); carotenoids (sweet potato, carrots); anthocyanins (berries, cherries); quercetin (apples, apricots); and ginger and turmeric.

6 Steer clear of greasy, fried or junk foods that lack nutrients and interfere with optimal performance.

7 Add a high-quality carb at each meal starting a few days before your race, to store energy in your muscles. Try a few spoonfuls of quinoa on a salad or an extra veggie at dinner.

8 On race day, combine high-performance carbs with protein a few hours before the start of your event. Best bets: A whole-grain bagel with nut butter and banana slices, scrambled eggs with chopped tomato and whole-grain toast, or oatmeal with berries and nuts.

9 Avoid high-fat or super-high-fiber foods the morning of — they take longer to digest and could cause tummy trouble.

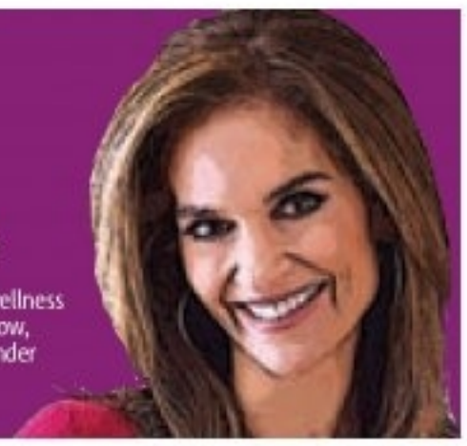
10 For optimal recovery, have a bite that's rich in carbs (divide your body weight in half—that's the amount of carbs in grams you need) with 10 to 20 grams of protein. You can split it up: Have half within 30 minutes of crossing the finish line, and the other half within the next two hours.

Joy's Healthy Bite

JOY BAUER

WWW.JOYBAUER.COM

Hear from the health and wellness expert for NBC's "Today" show, best-selling author and founder of Nourish Snacks.



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Horoscope

♈ Aries | March 21-April 20
Proceed with caution. Someone will purposely put obstacles in your path. Be clear and concise with your comments.

♉ Taurus | April 21-May 21
Business meetings will be stressful. If you maintain your course and concentration, you will pick up tips regarding a partnership.

♊ Gemini | May 22-June 20
Before you start a new project, complete what you've left undone or what you've been avoiding. It will be easier to concentrate once you have cleared your mind.

♋ Cancer | June 21-July 22
Don't allow anyone to push you into doing something you don't want to do. Your financial concerns will be lessened if you set up a realistic budget.

♌ Leo | July 23-Aug. 22
Don't remain in a partnership that is detrimental to your health. If your feelings have gone cold, be fair by discussing your emotions.

♍ Virgo | Aug. 23-Sept. 22
Positive changes are on the horizon. Consider your current options, and if things are not satisfactory, don't hesitate to make a move.

♎ Libra | Sept. 23-Oct. 22
Don't try to persuade others to agree with your opinions. Travel is highlighted, along with making new friends.

♏ Scorpio | Oct. 23-Nov. 21 Listen to the voice of experience. You can help yourself and those around you by utilizing strategies that worked for people who faced similar circumstances.

♐ Sagittarius | Nov. 22-Dec. 21 A friend or family member will come to you for advice. Don't try to fit too much into your day. You will avoid frustration by letting matters unfold naturally.

♑ Capricorn | Dec. 22-Jan. 20 Money matters will upset you. Enlist a financial consultant to help you deal with your income issues.

♒ Aquarius | Jan. 21-Feb. 18 Stop limiting yourself. Get out and participate. Sitting on the sidelines will not get you the recognition or rewards you are looking for.

♓ Pisces | Feb. 19-March 20
Workplace headaches will cause undue anxiety. You are competent and hardworking, but you need a break. Get together with some friends.

EUGENIA LAST

Sudoku: Easy and hard

	8							
2			5	3	4		1	
3	6		1	7				4
6						3		
5	4			1			2	7
		7						1
1				8	3		7	2
	5		6	9	2			8
							3	

6					3		7	
	8	5	7	1	9			
9				2				
7	6				5		4	
		8				3		
	5		9				6	2
				5				4
			8	4	7	2	9	
	4		6					8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Criminals are people

Re: 'Harsh penalties, not death, for criminals' (Metro, April 13) I agree that there should never be any death penalty, but the penalties suggested by letter writer J. Andrew Smith are unconstitutional and unethical. Our Constitution specifically protects against cruel and unusual punishment. Forced unpaid labor and conducting of medical experiments on humans is reminiscent of the torturous conditions in Nazi labor camps — and is, without a doubt, cruel and unusual. Many people are in prison for committing victimless crimes, including drug offenses, and they are clogging up the prison system, when they could instead be productive members of their communities at home. Wide-scale prison reform would save taxpayers' money and help to repair communities that face unfairly high rates of incarceration. For more violent criminals, harsher penalties are not the answer.

JORDAN RUBENSTEIN

Letter writer J. Andrew Smith's proposal of slavery and medical punishment for felons is troublesome and would be horridly out of character for our justice system. We strive, however imperfectly, to treat even the worst offenders with the basic human dignity and respect that they have denied their victims so that we do not let the savage actions of the few corrupt our own dedication to the right to life, liberty, and the pursuit of happiness.

ANTHONY P. FARRELL,
VIA EMAIL

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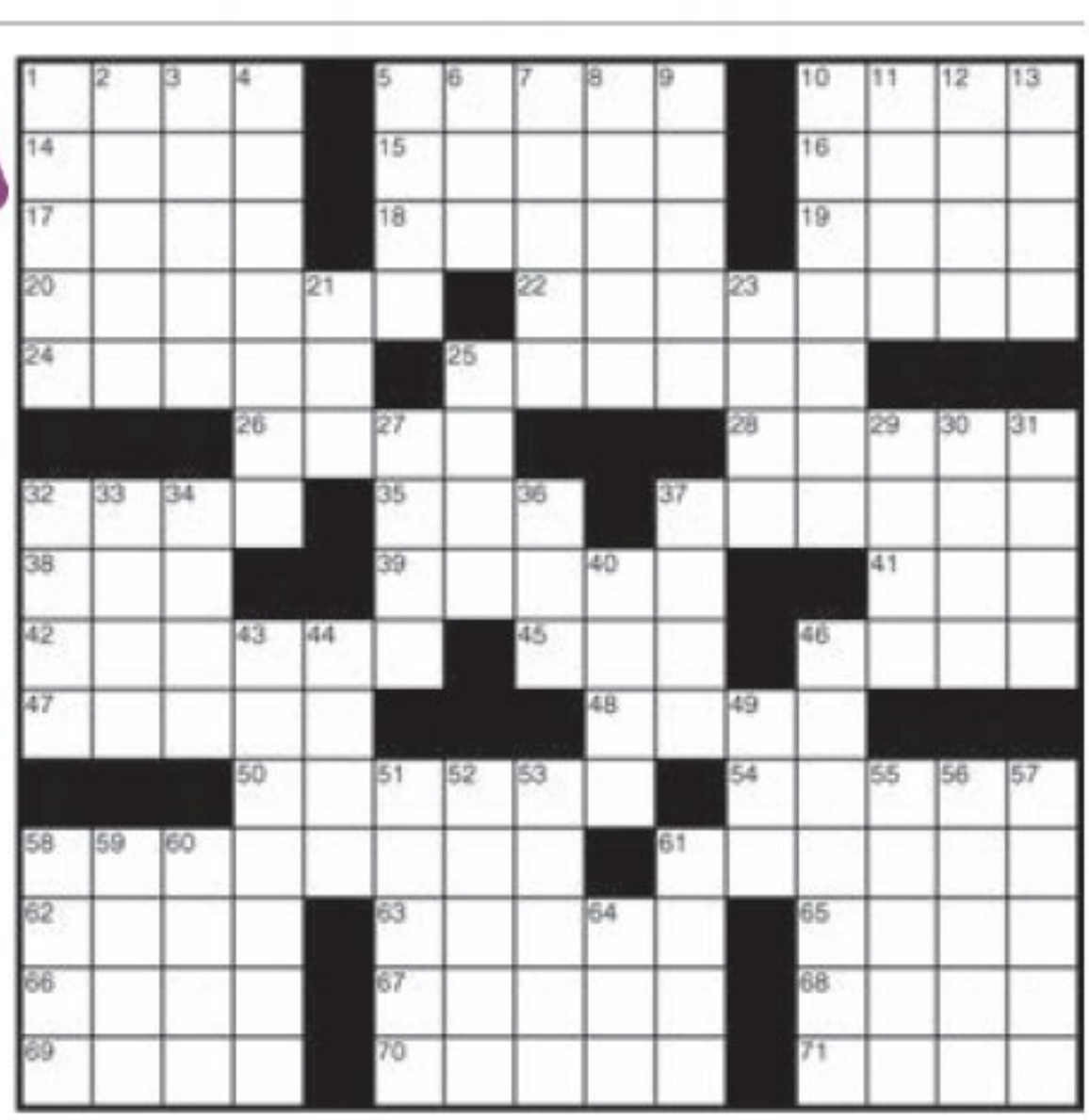
Crossword

Across
1 Wingding
5 Fiesta dip
10 Gamblers' mecca
14 Food for Fido
15 The — suspects
16 Sign over a door
17 Chowder morsel
18 Insect stage
19 Start of a famous boast
20 Ferocious bear
22 Snowy overhangs
24 Mountainous
25 Couplets
26 Weeps loudly
28 Shorten, maybe
32 Voucher
35 Broad st.
37 The "M" of LEM
38 Koan discipline
39 Devote, as time
41 Grande or Bravo
42 Shopping gallery
45 "— Girls"
46 Crack
47 Eager and willing
48 Whiskery animal
50 Plush fabric
54 Outspoken
58 Ruling
61 Large lizard
62 Rara —
63 Wind catchers
65 Chime
66 Plant parasite
67 Ms. Verdugo
68 Huron neighbor
69 Answered a judge
70 Mr. Spock's father
71 Go-getter

Down
1 Provides capital
2 Dispense
3 Garden tool
4 Coziest
5 Moody silence
6 Sharp — — tack
7 Rock and roll
8 "Stompin' at the —"
9 Beeper
10 Amended
11 Board mem.
12 Number of Muses
13 Elevator guy
21 GI mail drop
23 Emperor before Galba
25 Host's plea
27 Kind of camp
29 Fling
30 He directed Marlon
31 Tom's cry
32 Industry magnate
33 Present
34 Quechua speaker
36 Underwater shocker
37 Inventory wd.
40 Twig shelter
43 Recommended
44 Applies henna
46 Prepared the cake pans
49 Dow Jones fig.
51 Is fond of
52 Monsieur's shout
53 Gain admission
55 View from Giza
56 Actress — Potts
57 Pub order
58 Clammy
59 Worse than bad
60 Give a ticket
61 Meryl, in "Out of Africa"
64 Hydrocarbon suffix



Yesterday's answer

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3 SPORTS

Mets 2, Phillies 0

Phillies can't find offense

The Phillies squandered a second straight solid outing from Aaron Harang Monday afternoon, failing to score a single run despite seven hits in a 2-0 loss to the Mets. Cody Asche and Freddy Galvis combined for five hits, but couldn't lift Harang after a fourth-inning run on a weak infield hit.

MLB power rankings | by Ryan Hannable

No. 1

Tigers (6-1)

Some wondered how the Tigers would be after losing two of their top pitchers, but they clearly haven't missed them so far. At the plate, they are led by Miguel Cabrera who is batting .517, and also have the top-three batting averages in the American League.

No. 2

Royals (6-0)

Few saw this coming from the Al champs. They're allowing a League-low 15 runs so far this season and that pace will allow them to win a ton of games.

No. 3

Braves (5-1)

Nobody, I mean nobody, saw this start coming from Atlanta, who swept the Marlins in Miami to open the season. Jason Grilli already has a league-leading three saves.

No. 4

Blue Jays (4-2)

Toronto is going to hit, as shown by its offensive explosion last year. So far in 2015 they are led by Jose Reyes' .417 average.

No. 5

Red Sox (4-2)

The first turn through the rotation was tremendous for the Sox but Clay Buchholz had the worst outing of his career, allowing 10 runs vs. the Yankees.

No. 6

Reds (4-2)

Cincinnati was picked to finish at the bottom of the NL Central, but the long ball has led them to a 4-2 start. Will losing two of three to the Cardinals send them spiraling?

No. 7

Rockies (4-2)

By now it's clear the Rockies are going to score a ton of runs, but as has been the case for many years, pitching is an issue.

No. 8

Padres (4-3)

All the offseason additions and a big trade last week would seem to say the Padres are primed for a big year. They swept the Giants over the weekend.

No. 9

Dodgers (3-3)

Los Angeles didn't get off to the start it had hoped for, but there's no doubt the Dodgers will rise quickly in the rankings and be there in the end.

No. 10

Mariners (3-3)

The Mariners are going to be a fun team to watch this season, as shown this weekend in their series with the Athletics.

No. 11

Orioles (3-3)

Baltimore's pitching is going to be the biggest thing to watch all year, as it has allowed 32 runs so far, and no team in the AL has allowed more than 33.

No. 12

Astros (3-3)

With a few years of developing talent, the Astros may not be a playoff team, but they certainly appear to be better than in years past and could surprise some this year.

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MACNOW: IT MIGHT BE TIME FOR PHILLIES TO CUT HOWARD

I remember that day in Summer 1986 when Phils owner Bill Giles, choking through tears, announced the release of Steve Carlton, ending Lefty's 14-plus years with the franchise.

"I couldn't take it anymore," Giles said. "I couldn't keep watching him struggle."

We may be just a few weeks from seeing the same sad ending for Ryan Howard. His fourth-strikeout game Sunday, with boos pelting down like hailstones, could be that clarifying moment that spurs ownership to swallow hard, write a $60 million retirement check and try Darin Ruf at 2 percent of the annual cost.

No one's really at fault here. Howard's power evaporated through injuries, most notably the Achilles tear that ended the 2011 season. Management, stuck behind that $125 million contract that kicked in four years back, has employed a "cross-my-fingers" strategy of hoping Howard's lost power will return.

It's easy to condemn Ruben Amaro and Co. for the original deal. But two points in their defense: First, Howard's is just one of 56 nine-figure contracts Major League players signed in the past 15 years. And second, even the most fervent critic could not have projected his career would wither this badly.

Manager Ryne Sandberg said everything that matters Sunday when he admitted Howard's "golden sombrero" (baseball parlance for a four-whiff game) came because he couldn't catch up with Nationals starter Max Scherzer's hellacious fastball.

"Hopefully, this was a one-game thing against a guy who had pretty good stuff," Sandberg said. Problem is, every staff boasts hurlers throwing that hard. According to a Sports Illustrated study, the number of pitchers averaging 94 mph fastballs tripled in the past decade. The world's spinning faster, and Howard's bat speed is getting slower.

And so the fans boo.

Glen's final thought

"It's pathetic to watch this faded star get humiliated day after day, as memories of that 58-homer season fade further in the rearview mirror. It's the saddest chapter in Philadelphia sports."

They have every right. While it might seem disrespectful to heckle a former MVP trying his best, the cacophony is really a message to management: Please move on.

Some fans hope Howard will follow Mike Schmidt's path. The greatest Phillie sobbed through a retirement speech when he realized his skills had eroded. But Schmidt's move to the golf circuit cost him less than $1 million in lost pay. No logical human being, no matter how prideful, would leave on the table what Howard is owed.

RYAN HOWARD IS DUE A RIDICULOUS $60 MILLION OVER THE NEXT TWO YEARS.
GETTY IMAGES

Perhaps the Phils would pull the plug if the organization had an heir apparent at first base. One thing Amaro has made clear — It isn't Darin Ruf, he of the .829 career OPS as a starter. My opinion: Ruf may be just a no-speed, no-glove journeyman. But I'd bet, given 100 starts at this point, he'd be more productive than Howard.

And so we wait it out. I can't rip management for hoping against reality Howard finds his groove, bashes a few homers and becomes tradable. I'd hope the same. But the time is coming to face facts. Everyone — the fans, the other players, Howard himself — will benefit from his release. Well, everyone except John Middleton's bloated bank account.

Opinion

GLEN MACNOW

@REALGLENMACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

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250 BETHLEHEM PIKE COLMAR
PA 18915 - (215) 822-8080
AUCTION DATE: 04/20/2015 TIME: 3:00 PM

James Murphy Room# 120, Robert Dieckman Room# 126, Michael Guirate Room# 128, Leslie Pridgen Room# 129, Ramona Jewett Room# 141, Conteh Kabineh Room# 145, Carolyn Lewis Room# 152, Rory McDonald Room# 212, Bruce Pelly Room# 223, Kathleen Janetka Room# 250, Kelvin Keasley Room# 264, Tessa Crooks Room# 266

U-HAUL CENTER OF ROXBOROUGH
8300 RIDGE AVE PHILA
PA 19128 - (215) 482-7015
AUCTION DATE: 04/20/2015 TIME: 9:30 AM

Philip Giannini Room# B1039, John McMahon Room# B1054, John McMahon Room# B1062, Cheryl Loiseau Room# B2035, Staci Brown Room# B2049, Sara Johnson Room# B2054, Andria Hooks Room# B2058

U-HAUL CENTER OF NORRISTOWN
1305 W MAIN ST NORRISTOWN
PA 19401 - (610) 275-2470
AUCTION DATE: 04/20/2015 TIME: 11:00 AM

Ceidre Goodman Room# 0065, Neil Smith Room# 0076, Michelle Doll Room# 0099, Michael Jenkins Room# 1023-50, Thersa Weldon Room# 2006, Gail Stoudt Room# 2030, Carl Quaiser Jr. Room# 2032, Tania Rodriguez Room# 2046, Gail Margaret Olson Room# 2054, Chantel Brown Room# 2059, James Foster Room# 3015, Christina Roberto Room# 3019, Aaron McConnell Room# 4013

U-HAUL COLMAR STORAGE
272 BETHLEHEM PIKE COLMAR
PA 18915 - (215) 822-2276
AUCTION DATE: 04/20/2015 TIME: 1:00PM

Barbara Andrews Room# 0104, Lionel Hampton Room# 0110, Barbara Andrews Room# 0118, Nicole Dietzler Room# 0202, Michael Harrington Room# 0328, John Barnes Room# 0409, Nancy Vance Room# 0429-30, Michelle Depalma Room# 0504, Victor Diaz Room# 0527, Clinton Bachert Room# 0530, Ayiphi Coach Room# 0704, Kristy Cherie Franco- Smerecki Room# 0771, Nazeer Amodu Room# 1406, Kathleen Gendrachi Room# 2005, Sarah Bieler Room# 2011, Anthony Massey Jr. Room# 2201, Lorraine Williams Room# 2417

Purchase must be made with cash along with a refundable deposit and paid in full at time of purchase. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Seller reserves the right to set a minimum bid.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **April 24, 2015** at **10:00AM** at the Extra Space Storage facility located at: **6204 Oxford Avenue, Philadelphia, PA 19111, 215-744-1563.** The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

B178CV Jae Renee Hinton, E104 Kathleen A. Margiotta, E106 Phyllis Jonson-Lee, E120 Meriam Seda-Maclennan.

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **April 24, 2015** at **12:00pm** at the Extra Space Storage facility located at: **12005 Roosevelt Blvd., Philadelphia PA, 19154, 215-856-0835.** The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

Unit #1016 Margaret Meskill, J8 Teresa Poore, D12 Clifford Nelson

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to refuse any bid. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **April 24, 2015**, at **11:00AM**, at the Extra Space Storage facility located at: **1553 Grant Avenue, Philadelphia PA 19115, (215) 464-3913**. The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

237 - Glenn Wagner; 57 - Mark Gilchrist; 55 - Sungnam Hong

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to refuse any bid. Sale is subject to adjournment.

NOTICE OF PUBLIC AUCTION

STORAGE KING USA

On Friday April 24, 2015 at 12:00 PM, Storage King USA - Lancaster Ave, 5134 Lancaster Ave. Philadelphia PA 19131 (215-878-5594) Will Hold a public auction. Items will be sold to the highest bidder for cash.

The following units contain household and/or personal goods:

Donald McCray 2344 • Frank Harrison Jr. 1045 • Darryl Demota 2183 Leah A. Brooks 2168 • Kahdijha S. Johnson 3012 • Kim Nelson 118 • Freddie Lipscomb 3021 Lynette Miller 2286 • Kim Parker 1005 • Rachel L. Palladino 2234 • Craig Enlow 2013

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STORAGE KING USA

On Friday April 24, 2015 at 3:00 PM, Storage King USA - Kensington at 3100 C Street Philadelphia PA 19134 (215-634-4115) will hold a public auction. Items will be sold to the highest bidder for cash.

The following units contain household and/or personal goods:

Myriam Rivera 2067 • Robert Craig 2087 • Georgina Degraffinreaid 2106 Jonathon Davis 3002 • Marlene Shoenfeld 3096 • Maria Rodriguez 3128 Lillian Reyes 3141 • Samuel Greenblatt 3163 • Eric Stit 3237

NOTICE OF PUBLIC AUCTION

STORAGE KING USA

On Friday April 24, 2015 at 1:00 PM, Storage King USA - Germantown at 335 E Price Street Philadelphia PA 19144 (215-844-8252) will hold a public auction. Items will be sold to the highest bidder for cash.

The following units contain household and/or personal goods:

CARMEN SWAIN 1000 • CARMEN SWAIN 1034 DONNA S. WELDON 1119 • REGINA A. BARNES 1150 BYRON STEVENSON 1177 • NAKIA PENDLETON 2015

Quest for the Stanley Cup begins

NHL. The Stanley Cup playoffs kick off this week with a wide-open chase to crown a new champ.

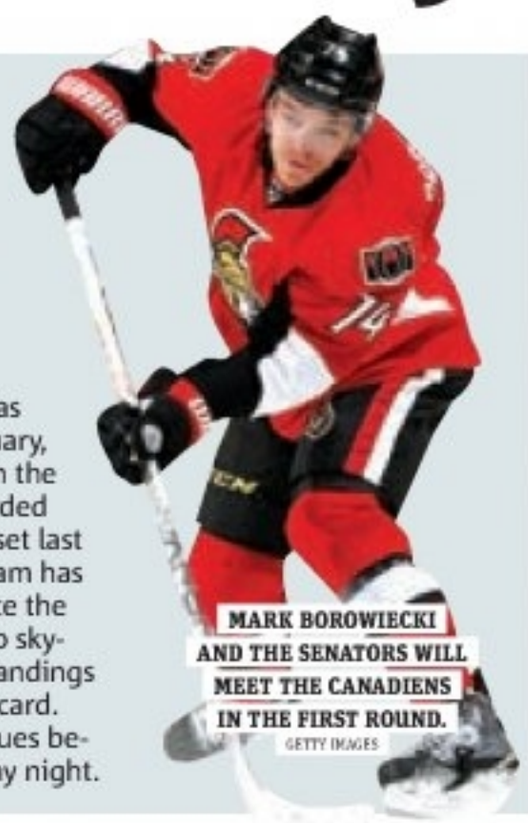
What a finish. The final week, days and even hours of the 2014-15 NHL regular season were drama-filled as teams jockeyed for playoff positioning, division titles and their postseason lives. The league can only hope the playoffs will provide as much excitement over the next two months as the Stanley Cup playoffs open this week. As first-round games begin on Wednesday, there is only one sure thing to expect — there will be a new champion. The Kings failed to qualify and left the door wide open for a new team to take the throne.

ERIC GOLDSTEIN
@EricEsponda
sports@metro.us

Teams full of surprises

In the Eastern Conference, it's the Ottawa Senators who could pull off some upsets. The Sens have gone 22-4-4 since Feb. 10 and gained entry on the final day of the season on Saturday. Behind goalie Andrew "the Hamburglar" Hammond, the Senators are the hottest team entering the playoffs and the squad that no team in either league would elect to face in the opening round. The Canadiens will no doubt have their hands full.

In the Western Conference, it's the Minnesota Wild who have also ridden their goalie to a sizzling finish. Devan Dubnyk, who was acquired in January, went 27-9-2 with the Wild, who recorded a first-round upset last year, and the team has gone 13-6-1 since the start of March to skyrocket up the standings to the first wild card. They face the Blues beginning Thursday night.



MARK BOROWIECKI AND THE SENATORS WILL MEET THE CANADIENS IN THE FIRST ROUND. GETTY IMAGES

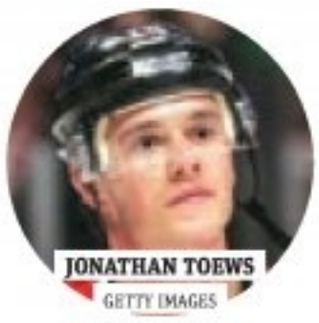
Carey Price has a 1.96 GAA this season. / GETTY IMAGES

Conference predictions

The Blackhawks will get a major boost when Patrick Kane returns. The Wild will test Kane and Chicago, but the depth of the 'Hawks depth up top will be too much for Minnesota in a long series. In the East, look for the Canadiens to outlast the Rangers in seven games in the conference finals as Carey Price outduels Henrik Lundqvist in a low-scoring series.

The champs?

Don't sleep on Price, as the Montreal netminder had a career year and led the NHL in wins, goals against and save percentage. He'll be especially tough to beat in a seven-game series, but we like the Blackhawks' chances of doing so. Chicago captain Jonathan Toews will lift Lord Stanley's Cup as the Blackhawks beat the Habs in seven and win their third title in six years.



JONATHAN TOEWS GETTY IMAGES

Keep tabs on: Vladimir Tarasenko

The St. Louis Blues' rugged right winger had a breakout season with 37 goals and 36 assists and is immensely talented. He could be the reason the Blues finally advance deep on the Western Conference side of the bracket this spring.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **APRIL 22, 2015 @ 3PM** at the Safeguard Self Storage facility located at 1333 Rhawn Street Phila. PA 19111. The personal goods stored in the following space numbers by the following tenant(s):
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#3311 Thomas Bowie, #2400 James Paton, #2502 Joao De Reivich Silva, #1509 Michael Affet, #1114 Noreen Fox
Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **4/22/15 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia, PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
0320 Nicholas Page • 2122 Erin McGrath
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **4/22/2015 @ 11AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):
safeguard self storage
0106 Sabrina Jenkins • 0337 Rahsaan Kenyatta • 1208 Kharlyta I Abdulah • 2231 Jacqueline Giddings 2308 Chris Lane • 3401 Jamellah Golsonel • 3505 Chiquan-yeah Macklin • 4309 Maxine Taylor 4409 Donald Mathis • A4122 Sabrina Jenkins • A4609 Patrick Hall • A4442 Rolison W. Turpin
Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **4/22/15 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia, PA 19134.** The personal goods stored in the following units by the following tenant(s):
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2601 Sean Sampson, 3107 Michael Tetlow, 3309 Jenis A Quinones, 4404 Tiffany Cowlay, 4703 Shelese Ackridge, 4811 Idris A Parker
Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **APRIL 22, 2015 @ 9:00AM** at the Safeguard Self Storage facility located at 1499 66TH Avenue Phila, PA 19126. The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
 # 1505 Ahmed Lewis, # 2105 Teisha Reynolds, # 2343 Brandice Peterson, # 2713 Natalie Campbell, # 3116 Brian Carter, # 3117 Aqeel Smith, # 3208 Magnes Veal, # 3234 Michaiah Giddings, # 3313 Reginald Boatright, # 3608 Lesha Blanchor
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **April 22, 2015 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Avenue Phila. PA 19144. The Personal goods stored in the following space numbers by the following tenant(s):
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#0102 - Dwayne Anthony, #2605 - Paul Miles #2705 - Miguel L. Mejia
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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **4/22/15 at 12PM** at the Safeguard Self Storage facility located at **830 E. Hunting Park Ave, Philadelphia PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#2602-Barbara Robinson #3808-Karen Lewis • #3231-Juan Quinones
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The location for the April 14, 2015 meeting of the Executive Committee of Freire Charter School's Board of Directors has changed. The April 14 meeting will now take place at 2001 Market Street, 9th Floor.

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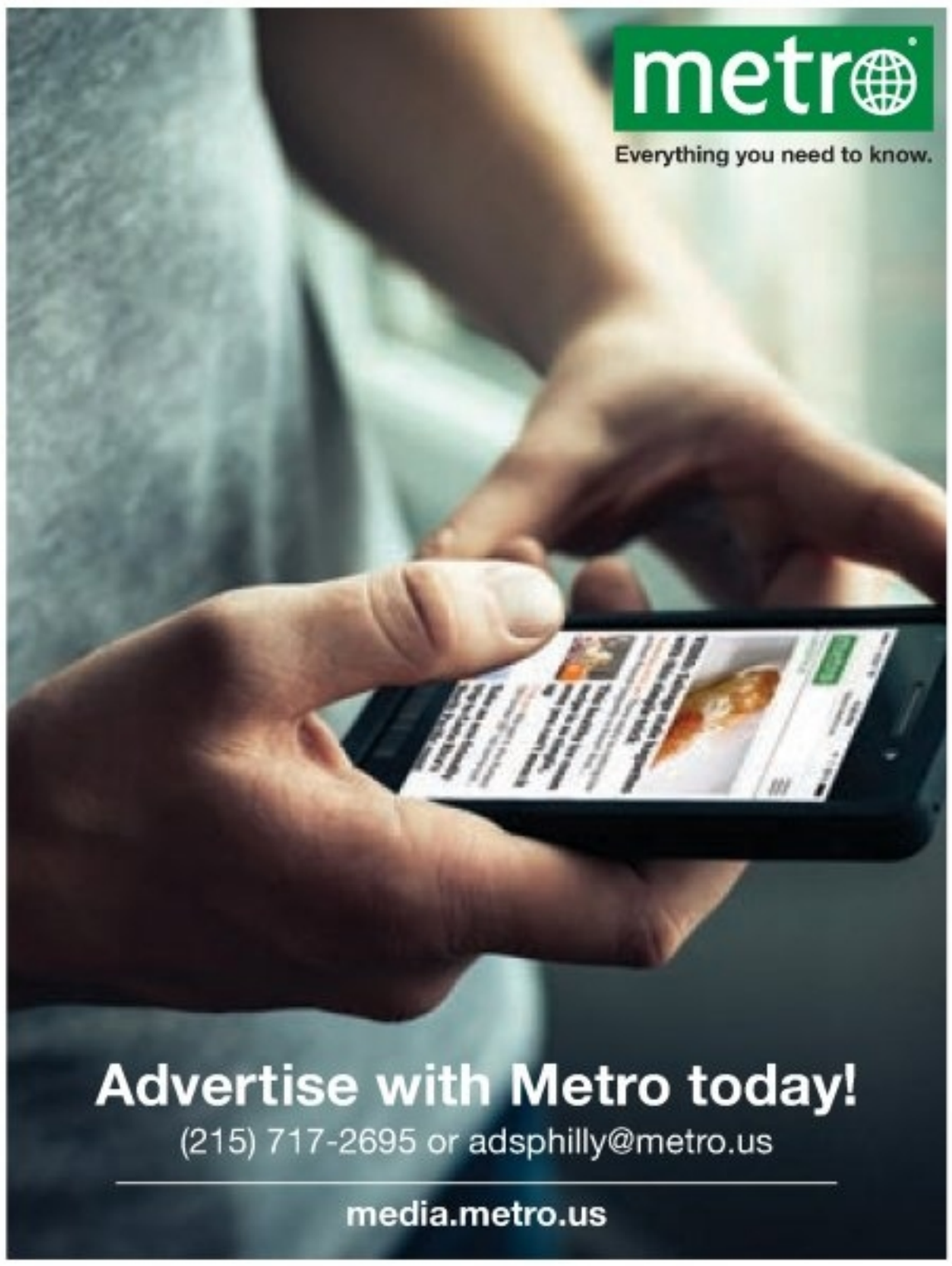

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